

1 October 2018

Greetings!

Let's just say it - sometimes days don't go as planned! Our MOT day was one such day. With lighting strikes and pouring rain the event was canceled for everyone's safety (even if the sun decided to come back out). The weather changing things is not something you want to have happen but when it does you have a choice- be angry or make the best of it. I can honestly say I had to laugh a few times as people smiled and made comments like "at least I got to work on my transition set up" or "I was the only one who technically ran across the finish line." There may have been disappointment but it was managed with a smile. I know it wasn't "RACE DAY" but it could just as easily have been. Always remember to keep that positive outlook on the situation and to know that when races are canceled or courses are changed it is for the safety of the athletes; making sure each of them gets to race another day!!

Mere Mortals maybe over but there is still fun to be had!!! We will have a large showing at SRI TRI and we will be visible in our yellow volunteer shirts at Sea Turtle Triathlon the following day. We have the End of the Year Party on 18 October at the Gulf Coast Brewery to celebrate a great year of growth and family! Many of us plan to volunteer at IMFL in November. Also, keep a look out in the monthly newsletter



and on Facebook for Winter workouts and gatherings.

We hope to see you in a few weeks!!

*Teresa J. Hess
TGC President
& The TGC Board*



**5 Tips from a Race Director
Simple Things that You Should do Before Race Day**

1: Label your wetsuit.

I can't tell you how many times after an event somebody comes up to me looking for their lost (or as they always put it, "stolen" wetsuit). I'm going to let you in on a little secret: **NOBODY** wants to steal your wetsuit. We all know what you do in it to keep warm. Most of the time somebody accidentally grabs the wrong suit when clearing transition. Face it, most wetsuits look the same, just like suitcases.

If a person does take the wrong one home, they do not realize it until it's at their home. Then most people try to get it back to the correct person. **YOU MUST UTILIZE THE TAG IN THE SUIT!** Write your name and phone number in it so it can be returned. **PLEASE, PLEASE, PLEASE,** stop what you're doing now and

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go label your wetsuit.

2: Share the location of your phone with somebody at the race.

Between loading, unloading, using your phone as a flashlight, taking morning pics, etc, phones get misplaced. If you take a few minutes to start sharing your location with a friend/family member that'll be at the race then you can find your phone in a few minutes. You can always stop sharing your location as soon as you get home. It's also good to know the phone number of the person you are sharing with, just in case you need to ask a stranger to give them a call. If you have a bad memory, write the friend's phone number on the back of your bib. If you ever misplace your phone at an event this will save your day.

3: All transition/race gear should fit in 1 backpack.

After the race you'll still have to take everything you brought back to our car. It's funny to watch somebody hobbling after the race trying to balance all their triathlon gear. Take the time to figure out what you need and only bring that.

RECOMMENDATION: If you can't fit it all in 1 backpack then you have too much stuff. This will also help your friend/family if they have to grab it for you.

4: Put Car keys/house keys in a safe place.

Invest in a hide-a-key for you car, give keys to a friend (maybe the one that you're sharing your location with), or if you have no other options ATTACH them to your tri bag. Notice I said attach them; not drop them in your bag.

Keys (AND cell phones) are the most lost items at races. Keys easily get lost when rushing to get your transition set or just pulling a towel out after the race. Lets face it, you never think about your keys until you need them. It only takes a second to drop your keys. Take early precautions to make sure this doesn't happen. You should also ALWAYS have a back up set.

5: Bring some TP.

It is inevitable that the port-o-let you rush into right before the race will be out of TOILET PAPER. It's something that boggles the mind of RD's that TP can go so quickly at a triathlon. It only takes about 4 triathletes to burn through a roll. If you're staying in a hotel, grab the roll in the bathroom. Housekeeping will replace it. If you're local, take the half roll that is hanging at home. Don't depend on the Race to continually replace the rolls every 4 people as most of the time race officials are focused on getting the course set up and managing any surprises. The great thing about TP is that if you don't use it at this race, it saves (never spoils) and you can have it readily available for the next event.



To the Finish Line,

Adam Guess
Race Director
Pensacola Triathlon (Registration is OPEN)
guess.adam@gmail.com



Save the Dates



We still have things to do!

These are the important TGC dates to remember:

- Oct. 7: [Sea Turtle Triathlon](#) (Volunteers Needed)
- Oct. 18: [End of the Year Party](#)
- Nov. 3: [Ironman FL Transition](#) (Volunteers Needed)

Stay Connected



The Big Dance by Kevin Swenson

Do you remember back in High School when there was always a "Big Dance" coming up? With that dance, came the prospect of being asked to attend or not. Some of you might have ALWAYS had a date for the Big Dance, but a lot of us always wanted to go, but never had the opportunity. Life has many "Big Dance" opportunities, and often the pinnacle of a sport is referred to as that "Big Dance." Think, Super Bowl; World Series; Master's golf championship; or the Olympics – Big Dances.



The pinnacle for most long-course triathletes is the IronMan World Championships in Kailua-Kona, Hawaii, held the 2nd Saturday in October. There are five ways of getting to Kona:

- Qualify at any IM-race. This is how 96% of all participants get to Kona. You have to be FAST to get there...the closest I've ever come to qualifying was just under 3 hours too slow. (Thanks Mom and Dad!!!)
- Buy a slot on E-Bay. The IM Foundation auctions off 5 slots through E-Bay, with the typical price being \$28,000. My wallet precludes this option.
- IronMan gives away several "Charity" slots. You gotta be at the right place at the right time, and "know" somebody. Again, not an option for me.
- Be an executive of a large company, and compete in the "Executive Challenge"...still not an option.
- The Legacy Program. "The IRONMAN Legacy Program was introduced in 2012 as a way to recognize and reward our most dedicated repeat athletes. Through the IRONMAN Legacy Program, athletes who have completed a certain number of full-distance IRONMAN-branded races and have never competed at the IRONMAN World Championship have an opportunity to be selected for a special slot to compete in the IRONMAN World Championship." Basically, once you've completed 12 full-distance IronMan races, you qualify to submit for a slot in a future Kona race. (As of 2018, it's taking an additional 2 or 3 years for your name to get to the top of the list.) Think of it as a Frequent Flyer program. This is how my brother and I are headed to Kona this year.

It's all my (older) brother's fault that I'm spending the money to participate in triathlon's "big dance". After watching his niece complete IM Coeur d'Alene in 2004, he signed up for the 2005 edition. When he finished his race, he called me from the finish line with the comment, "You have to do one of these things." He claims he didn't mean it as a challenge, but being the *little* brother, I took it as a BIG challenge.

Kelly and I were living in Japan, and we already had plans for 2006, so I told him I'd do IM CdA in 2007. I was an avid bicyclist, and could easily ride the 112-miles, and Uncle Sam made me run, so I knew I could work up to the marathon distance. But the swim....that was a big hurdle. But with almost 2 years to work on it, I felt it was do-able.



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Race day (17 June, 2007) was glorious. I had no idea what I was in for, but my body did. My heartrate was 118 as we sang the National Anthem. The swim went well (Thank Gispert for wetsuits...the lake was 57 degrees) in 1:45. The rolling hills of Idaho were nice for a 6:46 bike. Then a 6:11 run (mostly walk!!!) Add in 25 minutes for transitions, and I was done in 15:08:41. As I came down the finishing stretch, I stopped and talked to my family, and told my parents I would "Never, ever, ever, ever, ever, do one of these things

again. Two weeks later after returning to Japan, I convinced Kelly that a nice trip to Taupo, New Zealand for IM New Zealand 2008 would be fun...the bug had bitten me bad.

At that time (2007), Ironman had a lottery for 200 slots at Kona. For \$50 you got one entry...for an additional \$25, you could get a second chance. Until 2013, I sent IM my \$75 each year. No statistics were revealed about odds of getting picked, nor how many people entered.

In 2015, a whistleblower informed the Government about the Lottery, and since IM is based in Tampa, it was an "Illegal Lottery", for several reasons. In 2015, 14,254 people paid the \$50 to enter the Lottery for the 100 slots available. (They had already started the Legacy program with the other 100 slots.) IM was forced to pay back \$2.8M.

I finished my 12th IM at IM Louisville in August 2014. But Mark was still on #10, so I didn't enter the Legacy program until we BOTH could enter in the fall of 2016...and again in 2017 when we didn't get in for '16.

Results for the 2017 race were released in Mar '17, and I was told I was guaranteed for 2018, and Mark was told he was guaranteed for 2019. I e-mailed Tiffany (IM Legacy program coordinator), and reminded her that I wouldn't go without Mark, and if she couldn't move Mark to 2018, then move me to 2019.

We both entered the 2018 Legacy program in the fall of 2017, knowing full well that we would be told that we would be guaranteed for 2019.

Fast forward to Sunday, Feb 25, 2018. The Legacy results were due to be released on Thursday, 1 March. At 3 in the afternoon, I get a call from "Kailua-Kona HI". I don't normally answer calls from an unidentified number, but this is from KONA!!! It was Tiffany, checking why I wanted to go in 2019 instead of 2018. She was gonna move my brother up to 2018, and was wondering if I would mind getting moved also. "Um, yes please!" I asked her if she was gonna call Mark, and she said she would...I asked her to have him call me. After not hearing from Mark for 30 minutes, I called him. They were having a Birthday party, and he had left his cell phone off. I told him he had an urgent message from "Tiffany in Kailua-Kona". He called her, and of course said yes to the move.



On Saturday morning, 13 October athletes' #344 and #527 will wade into Kailua Bay to start their 15th (14 finishes/1 DNF) and 20th (18/2) IronMan event. Join us for a glorious day of Swim/Bike/Run with our closest friends at the "Big Dance." Maybe the head cheerleader will ask me to dance?

As Lt Commander John Collins wrote on the bottom of the cue sheets at the first IronMan in Feb '78: "Swim 2.4 miles; Bike 112 miles; Run 26.2 miles;

Brag for the rest of your life."

Thursday Morning Open Water Swims

[Thursday Morning Open Water Swims](#) are back at the Sound Side Pavilions on Pensacola Beach (Mommy Beach) with a lot of help from [Pensacola Triathlon](#), [Subway](#), [Truly Spokin'](#), and [TriPossibilities Coaching](#).



GROUP TRAINING

SWIM, BIKE, RUN

Members post their workouts for others to join at:

[TGC Trains](#)

Effective Race Sherpa'ing by Sheila Fitzgerald

According to Active.com a **Race Sherpa** is a dependable friend or family member that helps shape the race experience for their Triathlete by providing support, guidance, and logistics. Everything that a Sherpa does leading up to the race, during the race and after, can mean a



world of difference for the athlete. The Sherpa experience can be very rewarding, exhilarating, exhausting, and emotionally draining all at the same time. Here are some tips if you are planning to serve your favorite athlete as a Sherpa!

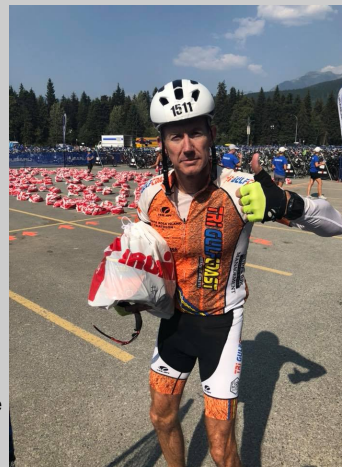
Before the Race - Offer to help your racer go through their race day checklist or packing list if traveling. Sometimes visually thinking through each part of the race can help identify forgotten must-haves. Ask your racer how best you can support them during the race. Spend some time familiarizing yourself

with the course including swim start and finish, transition areas, and the finish line. Think through the logistics of your day and strategize about the best locations to park your car, take breaks, and catch your athlete on the course. If the race has athlete tracker, be sure to download or save to your phone. Talk with your racer about their expectations for their race including their anticipated finish times for each discipline so that you can best track them. This will help if the race tracker isn't accurate. Make note of your athlete's helmet color, handlebar tape color, and race kit color so that you can quickly identify them. Make a plan for where you will meet after the race, especially if the finish line logistics are wonky. Ask them to pack a finish line bag with items that will make them comfortable, such as flip flops or a dry t-shirt. Last but not least, be flexible for your athlete leading up to the race and do all you can to minimize their stress.

Taking care of yourself and family is important so you can take care of your athlete! Depending on the race distance, you may need to be self-sufficient for a few hours or all day! Be sure to pack plenty of snacks and hydration or familiarize yourself with locations where you refuel. Don't forget the SPF and reapply often. Be sure to dress appropriately and comfortably for the weather conditions and wear comfortable shoes since you will likely be walking, A LOT. If possible, have a chair or blanket so that you can rest your feet. If you are supporting your Triathlete in a 70.3 or 140.6, consider carrying a portable phone charger if you won't have access to a wall outlet. Nothing stinks more than a dead phone battery during a long day!

During the Race - If you have set your athlete up for success leading up to the race and you have taken care of your needs, you will be in a good position to enjoy your Sherpa duties. Once you have cheered your athlete off to a good start, be prepared to cheer on all of the racers so have signs, cowbells or other noise makers. Wear a smile all day! When you see your racer, let them know how excited you are to see them. Provide plenty of words of encouragement. Take lots of pictures, of your athlete and the scenery, which your athlete may miss out on. If you have little ones, consider bringing poster board and markers for race-sign making and other activities for later in the day. If you are supporting your athlete in a long-distance race, consider taking rest breaks and getting out of the sun. Refer back to "Taking care of yourself" above!

At the finish line and Post Race - If you are unsure what time your racer will come in to the finish line, get there early and find a spot for a good photo opportunity. Don't forget your racer's finish line bag. When your racer comes in, they may be very fatigued and may not feel very sociable. The best thing you can do is just be there for them and ask what you can do to help. Be sure to get a good finisher photo of your athlete with their medal. Be sure that your athlete stays hydrated and takes care of themselves after the race. Be prepared to help gather gear and bicycle from transition. Be sure to tell your athlete how proud you are of their accomplishment.



When Things Don't Go as Planned - Race day doesn't always turn out as planned. From mechanical failures, to illness, to dealing with the heat, your athlete may not have the race finish they desire. Be sure that your athlete knows that you support them and are proud of the effort that they took to get to race day and the effort they put into race day. Let your athlete talk through their experience and lend a sympathetic ear. Keep an open mind when your athlete wants to sign up for another race. Let them know that you will be there for the next race and the race after that. Make notes of lessons learned for your athlete and yourself so that you can be a better Sherpa next time!



Sheila Fitzgerald
TGC Board 2018
2 x 140.6 and 3 x 70.3 Sherpa

UPCOMING EVENTS



[Thursday Morning Open Water Swims](#)
Thursdays - 6:30 a.m.
Mommy Beach (Soundside Pavilions)
Pensacola Beach, FL

Board Meeting
October 10 (Wednesday)
Email: President@TriGulfCoast.org

[Zarzur Law Sea Turtle Youth Triathlon](#)
A TGC Youth Event
Oct. 7
Park East, Pensacola Beach
[Volunteers Needed](#)

TGC End-of-Year Party
Oct 18 (Thursday)
Gulf Coast Brewery
[Event Info](#)

Ironman Florida Transition
Nov. 3
Panama City Beach, FL
[TGC Coordination/Info](#)
[Official Volunteer Registration](#)



[Zarzur Law Santa Rosa Island Triathlon](#)

Oct. 6
Pensacola Beach, FL

[Tri The Gulf \(Sprint\)](#)
TGC Discount Available
Oct. 20
Dauphin Island, AL

[The Great Floridian](#)
Oct. 20
Clermont, FL

[Ironman 70.3 New Orleans](#)
Oct. 21
New Orleans, LA

[Ironman 140.6 Florida](#)
Nov. 3
Panama City Beach, FL

[Pensacola Half Marathon](#)
Oct. 7
Pensacola, FL

[Bridge to Bridge 5K](#)
Oct. 13
Pensacola, FL

[Run for the Reef](#)
Oct. 13
Navarre, FL

[Wicked Triple \(10K; 5K; Half\)](#)
Oct. 20-21
Fort Walton Beach, FL

[McGuire's Halloween Run](#)
Oct. 27
Destin, FL

[Run to Margaritaville](#)
Oct. 28
Pensacola Beach, FL

[34th Annual Great Pumpkin Race](#)
Nov. 3
Pensacola, FL - East Hill

[Pensacola Marathon](#)
Nov. 11
Pensacola, FL

[Battleship 12K](#)
Nov. 11
Fairhope, AL



[FENNER RIDE \(Multiple Ride Options\)](#)
Oct. 20
Milton, FL

Weekly Rides:
[West Florida Wheelmen](#)
[Trek Store](#)
[Ride More Bicycles](#)
[Girlz Only Sunset Rides:](#)
[\(Last Ride for 2018 is Oct. 4\)](#)



[Juana's 1st Annual Open Water Swim](#)
Benefiting the Navarre HS Swim Team
[Registration](#)
Oct. 21
Navarre, FL

Each month, we curate the above list of local events that span our membership area and beyond. Unfortunately, we cannot list EVERY race. Peruse the resources listed to the right for additional events.

[Tri Gulf Coast Calendar](#)
[Pensacola Sports: Running Pensacola Run Pensacola](#)
[Pensacola Runners Association - Calendar](#)
[TriFind](#)
[USA Swimming](#)

[Ironman FL Transition Volunteer](#)

[Youth Events Volunteer](#)



VicePresident@TriGulfCoast.org



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2017 Trucker Hat



2017 Headsweats Visor



2016 Headsweats Visor



2017 Long-Sleeve Grey Tech Shirt



2016 Trucker Hat

Stay Connected



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